



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01305, Milk, chocolate, lowfat, reduced sugar

Report Date: July 16, 2017 19:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	87.09	9	0.059	86.8	87.3	8.0	86.953	87.224	1	Analytical or derived from analytical	--	07/2015
Energy	kcal	54	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Energy	kJ	225	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Protein ¹	g	3.43	9	0.062	3.27	3.78	8.0	3.288	3.575	1	Analytical or derived from analytical	--	07/2015
Total lipid (fat) ¹	g	1.04	9	0.027	0.93	1.2	8.0	0.981	1.106	1	Analytical or derived from analytical	--	07/2015
Ash ¹	g	0.76	9	0.046	0.53	0.99	8.0	0.652	0.862	1	Analytical or derived from analytical	--	07/2015
Carbohydrate, by difference	g	7.68	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Fiber, total dietary	g	0.0	4	0.000	0	0	--	--	--	1	nutrient label by NDL	--	07/2015
Sugars, total	g	7.29	4	0.000	7.29	7.29	--	--	--	1	Calculated from nutrient label by NDL	--	07/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Minerals													
Calcium, Ca 1	mg	122	9	1.516	116	129	8.0	118.281	125.275	1	Analytical or derived from analytical	--	07/2015
Iron, Fe 1	mg	0.16	9	0.009	0.12	0.2	8.0	0.14	0.183	1	Analytical or derived from analytical	--	07/2015
Magnesium, Mg 1	mg	13	9	0.223	12	14	8.0	12.341	13.37	1	Analytical or derived from analytical	--	07/2015
Phosphorus, P 1	mg	98	9	1.558	93	106	8.0	94.819	102.003	1	Analytical or derived from analytical	--	07/2015
Potassium, K 1	mg	168	9	3.454	156	187	8.0	159.924	175.853	1	Analytical or derived from analytical	--	07/2015
Sodium, Na 1	mg	66	9	1.891	61	77	8.0	61.44	70.16	1	Analytical or derived from analytical	--	07/2015
Zinc, Zn 1	mg	0.46	9	0.005	0.43	0.47	8.0	0.443	0.467	1	Analytical or derived from analytical	--	07/2015
Copper, Cu 1	mg	0.018	9	0.001	0.02	0.02	8.0	0.016	0.019	1	Analytical or derived from analytical	--	07/2015
Manganese, Mn 1	mg	0.021	9	0.001	0.02	0.02	8.0	0.019	0.022	1	Analytical or derived from analytical	--	07/2015
Selenium, Se	µg	1.9	--	--	--	--	--	--	--	--	Calculated or imputed	01104	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	2	--	0	0	--	--	--	1	Calculated from nutrient label by NDL	--	07/2015
Thiamin ¹	mg	0.035	6	0.002	0.03	0.04	5.0	0.029	0.041	1	Analytical or derived from analytical	--	07/2015
Riboflavin ¹	mg	0.225	6	0.006	0.21	0.25	5.0	0.21	0.239	1	Analytical or derived from analytical	--	07/2015
Niacin ¹	mg	0.122	6	0.003	0.11	0.13	5.0	0.114	0.129	1	Analytical or derived from analytical	--	07/2015
Pantothenic acid ¹	mg	0.467	4	0.026	0.42	0.54	3.0	0.386	0.549	1	Analytical or derived from analytical	--	07/2015
Vitamin B-6 ¹	mg	0.050	6	0.004	0.04	0.06	5.0	0.04	0.061	1	Analytical or derived from analytical	--	07/2015
Folate, total	μg	5	2	--	3	6	1.0	--	--	1	Calculated from nutrient label by NDL	--	07/2015
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2015
Folate, food	μg	5	2	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2015
Folate, DFE	μg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Choline, total	mg	17.0	--	--	--	--	--	--	--	--	Calculated or imputed	01104	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12 ¹	µg	0.20	6	0.052	0.1	0.37	5.0	0.069	0.337	1	Analytical or derived from analytical	--	07/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	07/2015
Vitamin A, RAE	µg	96	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Retinol ¹	µg	96	2	--	76	115	1.0	--	--	1	Analytical or derived from analytical	--	07/2015
Carotene, beta	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	01104	07/2015
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01104	07/2015
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01104	07/2015
Vitamin A, IU	IU	319	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01104	07/2015
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01104	07/2015
Vitamin E (alpha-tocopherol) ¹	mg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	07/2015
Tocopherol, beta ¹	mg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma 1	mg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
Tocopherol, delta 1	mg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
Vitamin D (D2 + D3)	µg	1.5	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Vitamin D2 (ergocalciferol) 1	µg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
Vitamin D3 (cholecalciferol) 1	µg	1.5	2	--	1.1	1.9	1.0	--	--	1	Analytical or derived from analytical	--	07/2015
Vitamin D	IU	60	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Vitamin K (phylloquinone) 1	µg	0.1	2	--	0.1	0.1	--	--	--	1	Analytical or derived from analytical	--	07/2015
Lipids													
Fatty acids, total saturated	g	0.616	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
4:0 1	g	0.020	9	0.001	0.02	0.03	8.0	0.018	0.023	1	Analytical or derived from analytical	--	07/2015
6:0 1	g	0.014	9	0.000	0.01	0.01	8.0	0.013	0.015	1	Analytical or derived from analytical	--	07/2015
8:0 1	g	0.009	9	0.000	0.01	0.01	8.0	0.009	0.01	1	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0 1	g	0.025	9	0.001	0.02	0.03	8.0	0.023	0.027	1	Analytical or derived from analytical	--	07/2015
12:0 1	g	0.029	9	0.001	0.02	0.03	8.0	0.026	0.032	1	Analytical or derived from analytical	--	07/2015
14:0 1	g	0.099	9	0.003	0.08	0.11	8.0	0.091	0.107	1	Analytical or derived from analytical	--	07/2015
15:0 1	g	0.010	9	0.000	0.01	0.01	8.0	0.01	0.011	1	Analytical or derived from analytical	--	07/2015
16:0 1	g	0.278	9	0.008	0.24	0.33	8.0	0.259	0.297	1	Analytical or derived from analytical	--	07/2015
17:0 1	g	0.005	9	0.000	0	0.01	8.0	0.005	0.006	1	Analytical or derived from analytical	--	07/2015
18:0 1	g	0.122	9	0.003	0.11	0.14	8.0	0.114	0.13	1	Analytical or derived from analytical	--	07/2015
20:0 1	g	0.002	9	0.000	0	0	8.0	0.002	0.002	1	Analytical or derived from analytical	--	07/2015
22:0 1	g	0.001	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
24:0 1	g	0.000	9	0.000	0	0	8.0	--	0.001	1	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.290	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
14:1 ¹	g	0.010	9	0.000	0.01	0.01	8.0	0.01	0.011	1	Analytical or derived from analytical	--	07/2015
15:1 ¹	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
16:1 undifferentiated ¹	g	0.014	9	0.001	0.01	0.02	8.0	0.013	0.016	1	Analytical or derived from analytical	--	07/2015
16:1 c ¹	g	0.012	9	0.001	0.01	0.01	8.0	0.01	0.013	1	Analytical or derived from analytical	--	07/2015
16:1 t ¹	g	0.003	9	0.000	0	0	8.0	0.002	0.003	1	Analytical or derived from analytical	--	07/2015
17:1 ¹	g	0.002	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
18:1 undifferentiated ¹	g	0.260	9	0.006	0.24	0.3	8.0	0.245	0.274	1	Analytical or derived from analytical	--	07/2015
18:1 c ¹	g	0.234	9	0.005	0.22	0.27	8.0	0.222	0.246	1	Analytical or derived from analytical	--	07/2015
18:1 t ¹	g	0.026	9	0.001	0.02	0.03	8.0	0.023	0.029	1	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 ¹	g	0.003	9	0.000	0	0	8.0	0.003	0.004	1	Analytical or derived from analytical	--	07/2015
22:1 undifferentiated ¹	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
22:1 c ¹	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
22:1 t ¹	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
24:1 c ¹	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
Fatty acids, total polyunsaturated	g	0.054	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
18:2 undifferentiated ¹	g	0.045	9	0.001	0.04	0.05	8.0	0.042	0.048	1	Analytical or derived from analytical	--	07/2015
18:2 n-6 c,c ¹	g	0.032	9	0.001	0.03	0.04	8.0	0.03	0.035	1	Analytical or derived from analytical	--	07/2015
18:2 CLAs ¹	g	0.005	9	0.000	0	0.01	8.0	0.005	0.006	1	Analytical or derived from analytical	--	07/2015
18:2 t not further defined ¹	g	0.007	9	0.000	0.01	0.01	8.0	0.006	0.008	1	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated ¹	g	0.005	9	0.000	0	0.01	8.0	0.004	0.005	1	Analytical or derived from analytical	--	07/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.005	9	0.000	0	0.01	8.0	0.004	0.005	1	Analytical or derived from analytical	--	07/2015
18:3 n-6 c,c,c ¹	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
18:3i ¹	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
18:4 ¹	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
20:2 n-6 c,c ¹	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
20:3 undifferentiated ¹	g	0.002	9	0.000	0	0	8.0	0.001	0.002	1	Analytical or derived from analytical	--	07/2015
20:3 n-6 ¹	g	0.002	9	0.000	0	0	8.0	0.001	0.002	1	Analytical or derived from analytical	--	07/2015
20:4 undifferentiated ¹	g	0.002	9	0.000	0	0	8.0	0.002	0.003	1	Analytical or derived from analytical	--	07/2015
20:5 n-3 (EPA) ¹	g	0.000	9	0.000	0	0	8.0	--	0.001	1	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:4 1	g	0.000	9	0.000	0	0	8.0	--	--	1	Analytical or derived from analytical	--	07/2015
22:5 n-3 (DPA) 1	g	0.001	9	0.000	0	0	8.0	--	0.001	1	Analytical or derived from analytical	--	07/2015
22:6 n-3 (DHA) 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
Fatty acids, total trans	g	0.036	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Fatty acids, total trans-monoenoic	g	0.029	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Cholesterol 1	mg	5	6	0.054	5	5	5.0	4.756	5.033	1	Analytical or derived from analytical	--	07/2015
Amino Acids													
Hydroxyproline 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2015
Caffeine 1	mg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
Theobromine 1	mg	6	4	0.281	5	6	3.0	4.756	6.544	1	Analytical or derived from analytical	--	07/2015

Sources of Data¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18f, 2014 Beltsville MD